

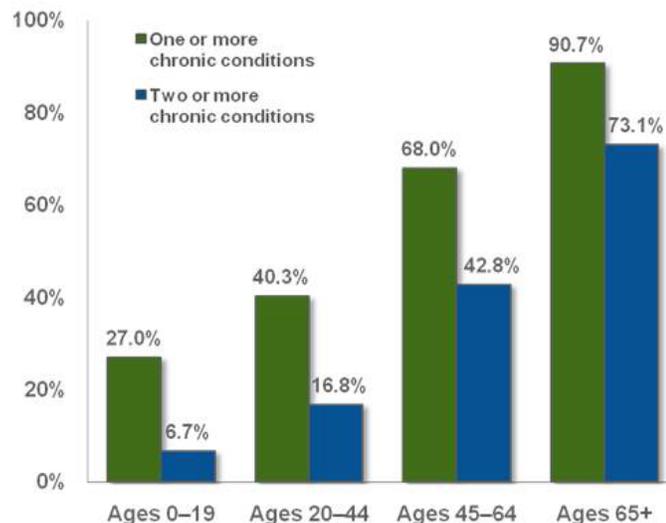
Chronic Disease Self-Management Program (CDSMP) Improves Lives in Pennsylvania

The Stanford Chronic Disease Self-Management Program (CDSMP) helps participants learn self-management skills needed to help deal with the symptoms of their chronic condition and with the life role changes and emotions experienced when living with a chronic condition. The emphasis of the workshop's curriculum is helping people manage common problems such as fatigue; communication with friends, family and providers; dealing with anger and depression; and designing and maintaining a healthy eating and exercise plan. In addition, participants learn disease related decision-making and problem solving skills. The most important outcome of the CDSMP is that, through this practice and group feedback, people become more confident and are able to combine more active lives with self-management of their chronic health condition.

Older Adults Are More Likely to Have Multiple Chronic Conditions

- The prevalence of multiple chronic conditions increases with age.
- One in 15 children has multiple chronic conditions.
- Almost three out of four people ages 65 and older have multiple chronic conditions.

Percentage of Population With Chronic Conditions



Source: Medical Expenditure Panel Survey, 2006

In 2010, the Recovery Act Chronic Disease Self-Management Program enabled Pennsylvania to implement CDSMP in five counties (Allegheny, Cambria, Somerset, Berks, and Philadelphia). CDSMP is being implemented by master trainers and lay leaders (community volunteers) in 43 local organizations through the Department of Aging in collaboration with the Pennsylvania Department of Health. The local sites include Center in the Park, Centro Hispano, John P. Murtha Neuroscience & Pain Institute, Vintage Incorporated, hospitals, government entities, community health clinics, retirement centers, senior apartment communities, senior centers, churches and others.

From March 2010 through February 2012 nearly 2,700 people have participated in federally funded CDSMP workshops in Pennsylvania. Most of those people live with multiple chronic conditions including arthritis, diabetes, hypertension, heart disease, lung disease, depression and others.



National Council on Aging

CDSMP participants in Pennsylvania have shared their thoughts about CDSMP:

“I learned more from Better Choices, Better Health in six weeks than I have in 23 years of going to different doctors.” – Gwen, CDSMP Participant

“The workshop deals with many daily issues confronting seniors in a proactive, self-managing way. This class has been practical, it’s been realistic, and it’s been fun. I’ve come to look forward to it each week.” – Sam, CDSMP Participant

“Through these classes I found that [I could] control my feelings by using methods I would have never heard of. I used to eat when in pain from arthritis and depression. Now I get up and do something to get rid of my pain, something as simple as playing solitaire. After about 15 minutes, my pain eases or goes away. I lost 7 pounds and take less pills, which makes me feel better about myself.” – Bertha, CDSMP Participant

“I have spent the last six weeks with an assortment of people, who like me have health problems. The best thing from this class was that I was able to do more things, associate more with people, and generally feel a lot better. Doing the small exercises each week helped me to see how much I really could do to make life easier.” – Russell, CDSMP Participant

*“The result of this program could very well be an answer not only to a better life for us as individuals but help our entire nation by cutting the cost of care for our aging population.”
– Pauline, CDSMP Participant*

“This was a marvelous program which included all aspects of aging. Not only could we share our feelings and conditions, but we grew warmly together. The leaders were wonderful and included all of us every step of the way. It was so beneficial, enjoyable, and fun.” – Carole, CDSMP Participant

“I learned to plan and succeed in doing what I had wanted to do with the action plan. It gave me the incentive to finish what I had wanted to, especially when I had to come to class and tell the results. I liked the fact that I had a buddy to work with.” – Georgiann, CDSMP Participant

“The Weekly Action Plan showed me I could do what I said I would do if I really made up my mind to do it. I was proud I could do it, and it made me more self-confident.” – Walter, CDSMP Participant

For more information about CDSMP in Pennsylvania contact:

Juanita Pless
CDSMP State Coordinator
Department of Aging, Office of Long-Term Living
Bureau of Advocacy, Protection and Education
555 Walnut Street, 5th Floor
Harrisburg, PA 17101
717-783-8349
jpless@state.pa.us

Please contact Kelly Horton (kelly.horton@ncoa.org) at the Center for Healthy Aging, National Council on Aging with any questions. More information is available at the Center for Healthy Aging website at www.ncoa.org/cha.